

Minutes SoAZ Intergroup of Overeaters Anonymous
March 17, 2018 | www.oasouthernaz.org

Attendance: Beth M., Chair; Jill S., Vice- Chair; Michelle S., Secretary; Chris N., Sr. RR/Delegate; Sally H., Jr. RR/Delegate and IR 23957; Gina B., Telephone; Janet G., PIPO; Hannah D., Newsletter; Nan B., Website; Janis R., 12 Step Within; Leslie S., Meeting List; Cheryl L., IR Trainer; Valerie O., Lifeline & Resource Library and IR 54477; Cyndi K., IR 45377; Weze D., IR 54379, 37169, and 34898; Christine K., IR 53361; Joanne B., IR 04330; Michael A., IR 00439; Mickey M., IR 14251; Jan H., IR 50474 and 51744; Judy G., IR 2 Yuma Meetings; Neva S., visiting.

Call to Order: At 10:47AM. Jill S. began with welcoming everyone, letting them know that Beth was on the way, asking all to silence their cell phones, and ensuring that everyone had the Standing Rules. There was a moment of silence followed by the Serenity Prayer, using the we pronoun. Introductions and Sign- in happened while reading 12 Traditions and 12 Concepts. All were asked to please help update the sign- in by checking information accuracy, including marking the removal of any IRs no longer serving.

Minutes [Jill S.]: The minutes from the February 20th IG meeting were accepted as submitted electronically by Michelle S.

Treasurer's Report [Sara J. absent]: Janet G. brought the financial statement provided by Sarah, which Beth shared. Group donations were \$895, Expenses were \$353.53, \$475 is in special line for PIPO from WSO grant, and the checkbook total is \$15,386.93.

Mail was not passed, nor was the 7th Tradition {done at end}.

Committee Reports

RR/Delegates [Sr. Delegate, Chris N]: Both Chris and Sally compiled the WSBC Agenda Questionnaire responses; 14 questionnaires were collected at Intergroup, with an additional two submitted after they were mailed them to WSO, so those were not in the compilation. The groups voted to put all motions on the agenda except J,K,L (change alternating days for holidays), P/Q/R (adding more tools), and #9 (changing He/God as it appears in all Steps).

Chris reminded the group that this is only SEAZ's opinion on what should be discussed on the WSBC agenda and in no way is it the final say for worldwide

Chris and Sally are headed to the Region 3 conference in April 13- 15 and then the WSBC on April 23- 27. Chris provided a flyer for each IR about podcasts available from Region 3 TSW.

Public Information/Professional Outreach (PIPO) [Janet G.]: An ad, which is the same as the bus poster, is now on Craigslist. To find it, go to community and then to group. An OA member did a great job facilitating it.

PIPO is trying something new with posters, bringing them to events; 5 people took them at the last event. If any groups have extra posters at their meetings, please bring to next IG meeting for PIPO to use.

The entire phone committee agreed to question the callers about how they heard about OA. They will keep track and get the info back to Janet at their discretion. Either once a week or the end of the month. This should help PIPO committee help make prudent decisions about focusing their efforts.

On February 23, PIPO met with the committee that plans the recovery event April 24 at the Tohono O'odham reservation and 2 therapists. It took place at The Haven a recovery center for women. At that meeting PIPO gave out 20 flyers, 4 posters, spoke to 5 people, and 2 on that planning committee are OA members.

There was a Health Cabinet (group of health professionals) event on March 4 at St Philips Church . The church has multiple recovery programs; 10 people were talked with and 22 flyers were handed out

World Service also financed the entire vendor amount \$475.00 for a therapist convention here in Tucson in Aug.

Meeting List [Leslie S]: The IR position for the Tucson Tuesday New Tender Solutions is open. Ari K. has resigned as IR. The phone number for Cindy K. the IR for Sunday Hope, Love and Acceptance has been updated to 520- 338- 3040. Lange S. is the new contact person for the Sierra Vista Monday night Miracles meeting. The Tucson Thursday Over and Under meeting has updated its name to The Over and Under Eaters' Meeting of OA.

All IRs are asked to please check the meeting lists for accuracy and inform Leslie if any changes need to be made.

Newsletter [Hannah D.]: The first quarter 2018 newsletter is done. There are 80 printed copies. Remind groups that members can sign up for the electronic copy.

The next deadline is June 1, and the theme is Facing Fears through Faith.

Lifeline Resource Library [Valerie O.]: Valerie is currently looking at the description of what this service position entails. She is compiling a handout of how people will be able to access resources.

Phone [Gina B.]: There were 32 billed calls, 2 messages left, and 2 phone calls returned. The Wednesday person has updated information which Janet G. will pass on to Gina B.

Special Events: No report.

Retreat Committee Meeting: No report. Today's meeting is canceled.

Ways/Means Committee [Chris N]: Chris was commissioned to make 15 pamphlet pockets for Region 8; she made 18, all of which they want, and she will ship them this week. She brought Ways and Means items to Unity Day, bringing in \$123.

Twelfth- Step Within [Janis R.]: TSW is prepared for the Saturday, March 31st Making Amends workshop from 10:30 – 12:30 PM at St. James followed by a BYO fellowship lunch. Three OA members will share their own experiences with making amends. Participants will have opportunities to work on a specific amends and role play with other members. Each participant will be sent home with a Step 9 CD as well as other materials.

The OA 12 Step 15 Week Workshop had 11 participants and 2 workshop leaders.

The next TSW event, a Relapse Recovery and Prevention workshop, will be Saturday, May 12, from 1:00 – 3:00 PM at St. James Methodist Church. Hard copies of the flyers are available today for IRs to take to their groups as well as an electronic copy on our IG website.

The Service, Traditions, and Concepts workshop is set for August 11th. The out-of-town speaker will also incorporate Sponsorship activities in recognition of Sponsorship Day.

Website [Nan B]: I performed most routine updates, although some requested posts were delayed due to some compromises to our website as the site had been hacked and links were being redirected to a gambling site. To solve this, Beth M. and Nan agreed to subscribe to GoDaddy security services, which will clean up the site and continue to monitor and clean the site on a regular basis. As Intergroup chair, Beth M. authorized the budget overrun, which will occur later in the year when our domain and hosting renew. The two- year security subscription cost \$130.18 (\$120 plus tax); the domain and hosting cost around \$125 last year. These types of website hacking are not uncommon, and it is only prudent to subscribe to the security service and keep software up- to- date.

Questions for Committee Chairs:

Janis R. for Chris N.: Will Ways and Means be brought to the Region 3 conference?

Chris N.: She will email and ask permission.

Judy G. for Janis R.: Yuma wants to do a Twelve Traditions Marathon. Would someone from TSW be available to help someone lead it?

Janis R.: Absolutely, agreed to talk after meeting.

Beth M. for Janet G.: What was the turn- out for the Pima Health Fair?

Janet G.: She believes they talked to 40- 50 people and handed out literature.

Beth M. for Hannah D.: When will the electronic copy be mailed out?

Hannah D.: The electronic copies will be e- mailed on March 18.

Mickey M. for Hannah D.: What is the upcoming topic?

Hannah D.: The theme is Facing Fears through Faith.

Jan H. for Gina B.: Can you explain what the telephone committee does?

Gina B.: There is a recorded message that callers listen to that directs them to the website for additional information. Callers can also leave a message, and those that do, are typically not computer savvy and want information mailed. The committee members listen to the voicemail and return calls received on their day.

Weze D. for Chris N.: Could you explain the questionnaire item about He/God?

Chris N.: Someone proposed changing He to God each place it appears in Steps, which would necessitate changing it in all of the literature. Nine of our groups said no to putting it on the WSBC agenda.

IR Trainer [Cheryl L]: Copies of the newly revised guidelines for addressing disruptive behavior are here for each IR.

Next month, the We Care List updates will be done. Always call or email Cheryl if you have any questions.

The IRs were counted and 10 were present. For the meetings not represented, volunteers were needed to deliver materials. Volunteers: none for the Sunday Miracles happen meeting; Jill S. for Seeking the Power; Chris N. for Monday Far East; Michael A. for Tuesday Relapse Recovery and Prevention; Beth M. for Thursday Over and Under; none for Thursday Big Book; Valerie O. for Friday Fresh Start; none for Saturday Study Group; none for Safford; Weze for Green Valley meetings; Leslie S. for Sierra Vista meetings; Judy G. for both Yuma Meetings; and Janis R. for Saturday Far East.

Unfinished Business/Other

Policy **Manual** Revamping [Jill S.]: Need volunteers to serve on a committee to work on readability and formatting of policy manual. Volunteers: Michelle S., Chris N., and Cheryl L.

IG Feedback [Jill S.]: Yuma feedback was added. IG reps will visit with Yuma to discuss roles of members, groups, and IG as asked for in feedback.

Summary of IG Activity [Beth M.]: Last year, committee chairs were asked to gather data of events. The summary report at the top of the document does not include location or volunteer information, but that information is included in the detail portion below. The purpose is to gauge how well IG is doing in carrying the message. It is hoped this will be useful for years to come. The We Care List can also be used as a gauge of membership, so Cheryl L. will gather data from past lists about numbers of members.

Janet G. commented that of the packets mailed to clergy, approximately 50 came back as undeliverable. Leslie S. shared that meeting list numbers need to be adjusted as she brings 40 hard copies to each IG and sometimes prints them for PIPO.

Need volunteers to serve on a committee to work on creating a document that more accurately reflects the numbers and provides consistency in the data. One or two meetings will be needed to regularize what is important and what to look at. Volunteers: Michelle S., Janis R., Gina B. and Beth M volunteered to evaluate and modify the report, as well as to create a guide to help committees track information for their year-end reporting.

New Business: Began with Beth M. asking for a breather by taking one minute of silence followed by the Serenity Prayer.

Accumulation of Funds [Beth M.]: Beth M. is requesting a focus group to study the three documents handed out and discussed. IG is holding on to money for a full year to fund the next year's budget in addition to the 3 months of prudent reserve. Then the topic was opened to discussion.

Cheryl L. asked for clarification of the definition of prudent reserve, which is currently fixed expenses for three months. Judy G. asked if other IGs keep a year, which they do not. Janet G. shared that WSO only keeps three months. Gina B. asked to clarify how IG gathered a surplus, which was explained as extra money coming in from events. Janis R. clarified that raffle money went to Region III, not IG. There is generous giving in our area and Janis R. sees three issues: accumulation, keeping a year's expenses, and if the group will switch to 3 or 6 months of expenses, how the switch would happen.

Christine asked about how the upcoming convention would impact the budget discussion. Neva shared that there is no policy in place about what to do with proceeds from workshops, conventions, etc. Some things are conflated. There is a good policy of basing current year's budget on previous year's budget, but it is not include saving a full year's in the bank.

Judy G. asked if a pot was or could be set aside for capital expenditures such as distance attendance. Jill shared that there is something written about the convention. She believes the prudent reserve is low and that an increase for it could be looked at. Beth M. feels that the group could look at using that money to give back to the Fellowship such as providing lunch at an event. Janis R. has older treasurer's reports back to 1996 when money was done month to month. Nan asked about money given to WSO. Neva S. and Beth M. shared that it was deemed inappropriate to take group donations to give to Region and WSO but perhaps income from events to go there.

Beth M. would like to investigate keeping six months of operating and committee expenses. Jill S. wanted to acknowledge Beth M.'s bravery in bringing up this difficult topic. Volunteers for committee: Beth M., Janis R., Jill S., Cheryl L., and Neva S. (beginning in May).

Open Microphone [Jill]:

Judy G.: She shared the second article in a series about OA in the Yuma paper.

Nan B.: She tried to provide a link to the articles but it is not possible without a subscription to the Yuma paper.

Weze D.: San Xavier has had some issues and she is grateful to for the support from the IG for those.

Michael A.: He wanted to know if the numbers of IGs attending IG was good when it is 14 out of 31 meetings. It was acknowledged that those are good numbers as 40% are out- of town (shared by Cheryl L.), some IRs represent more than one meeting (shared by Jan H.), and Michelle S. will be investigating means for virtual attendance for the out- of- town IRs.

Weze D.: The expense of coming would be eased if the IG could reimburse mileage for out- of- town attendees.

Jill S.: WSO updates include that a new edition of the Twelve Steps and Twelve Traditions is available, New Beginnings is available with stories of relapse and recovery, and two representatives are going to attend the convention. The Board will be purchasing the 2017 Membership Survey Report and information will be shared with IG.

Vision/Goals: #3, Strong Meetings and Committees [Jill]: IRs need to review Strong Meeting checklists with groups. The TSW is planning trips to help small meetings. The IR trainer asks for volunteers to bring information to meetings that are not represented.

Announcements

1. March 17: retreat meeting canceled.
2. March 31: Amends Workshop (see details above)
3. April 13- 15: Region III Region Assembly, "Arch to Recovery" at Marriott Courtyard Downtown in Salt Lake City, UT
4. April 21: Board Meeting 10 AM, IG 10:45 AM- 12:30 PM.
5. April 23- 28: WSBC of OA, "Growing Recovery Worldwide" in Albuquerque, NM

Recap of Action Items [Nan]:

1. Volunteers needed to help refine the Intergroup Summary of Activities, which shows how well we are carrying the message. If you like numbers, please contact Beth beth.marlatt@gmail
2. Upcoming workshops: "Making Amends," March 31, 10:30 am – 12:30 pm. Relapse, recovery, and prevention, May 12; Steps, Traditions, and

Concepts in conjunction with Sponsorship Day, August 11. Contact Janis 520- 599- 4724 janistucson@gmail.com

3. R3 Spring Convention, Utah and World Service Business Conference, April 23- 28, 2018, Albuquerque, NM
4. Please distribute any public information posters you have and bring extras to April Intergroup. All members are asked to help inquire from anyone who joined OA in 2017 to ask how they found out about OA (website, another person, etc.) Please provide info to Janet G: 520- 795- 7492
5. The next Intergroup meeting will be on Saturday, April 21, 10:45 a.m. to 12:10 p.m., at St. James Methodist Church, 3255 N Campbell Ave. The board meets at 10:00 and all are welcome.
6. New newsletter just issued! Limited print copies at meetings or get by email. If you are not on email list, send request to newsletter@oasouthernaz.org. Ongoing need for stories, articles, poetry, and original artwork. Please submit to newsletter@oasouthernaz.org OR mail to Southern Arizona OA, c/o Hannah Dahl, PO Box 43221, Tucson, AZ 85733- 3221. Focus for Second Quarter 2018 edition: Facing our fears through faith. Next deadline is June 1, 2018.
7. Sponsorship Day in conjunction with 12- Step Within event on August 11.
8. Please distribute information on podcasts which was distributed at March Intergroup meeting. Podcasts on a variety of topics of available at <https://oa.org/podcasts>
9. The “Guidelines for Addressing Disruptive Behavior Affecting OA Meetings” are available. The IR trainer is available to conduct trainings for new IRs or help new IRs find a mentor. Contact Cheryl with questions and for more information 520- 591- 8025
10. Website committee is looking for volunteer trainees to maintain website in 2019. If you can use word processing software, you can learn WordPress. Contact Nan B.: nbadgett@gmail.com 520- 940- 0702
11. The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed. Revised for readability and inclusiveness. Previous ed. now only \$5! A New Beginning: Stories of Recovery from Relapse (available from Amazon) and Beyond Our Wildest Dreams (OA history), now only \$6!

Adjourned at 12:14 PM by Jill S., ending with the Responsibility Pledge.
Respectfully submitted, Michelle Sebert